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CANADIAN CONTENT IN THE KENNEDYS
YOUNG JFK TALKS ABOUT ROLE {page 10}



CAVALRY COACH DISMISSES RAINMEN

{page 19}



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HALIFAX metro®
Tuesday, April 5, 2011
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News worth sharing.

RYAN TAPLIN/METRO



▶ Finance Minister Graham Steele poses yesterday with a BlackBerry PlayBook displaying a picture of his budget shoes.

These shoes weren't made for wearing

The tradition of finance ministers buying a new pair of shoes for budget day hit new metaphorical heights yesterday.

Finance Minister Graham Steele, in anticipation of this afternoon's budget, unveiled a pair of virtual shoes to reporters.

According to Steele, the shoes, appearing on the new BlackBerry PlayBook tablet, represent the government's commitment to an economic development strategy based on innovation.

The budget, which Steele will deliver while wearing his everyday shoes, is scheduled to be tabled just after 2 p.m. today.

ALEX BOUTILIER

[redacted] the black

Province was forecasting $97.2-million surplus in Dec. Opposition blasts new figure Spring budget to be unveiled today

[redacted] 11 with a hefty $447-million surplus, Premier Darrell Dexter told the legislature last night.

Replying to last week's throne speech, the premier said the money will be used to reduce the province's massive $13-billion debt.

"Rather than spend the surplus at year-end ... this government took the view that a penny saved is a penny saved," he said.

Dexter said the surplus was the result, in part, of a $133.5-million reduction in government spending, along with an $80-million reduction in debt servicing costs, thanks to reduced borrowing needs and favourable interest rates.

Liberal Leader Stephen McNeil said the latest numbers amount to "pure fiction."

Conservative Leader Jamie Baillie said the NDP could have presented a balanced budget today — but chose not to.

"The NDP government has created a one-year surplus by charging Nova Scotians the highest taxes in the country," said Baillie.

Both Baillie and McNeil said the HST should be reduced.

As for the budget, Finance Minister Graham Steele was remaining tight-lipped on the specifics yesterday, but said "one set of new measures" is coming.

"I think they'll be a pleasant surprise for a certain sector that has been perhaps a little bit worried about what's ahead," Steele said. THE CANADIAN PRESS/WITH FILES FROM ALEX BOUTILIER

For live coverage of the budget, visit metronews.ca/politicsasusual





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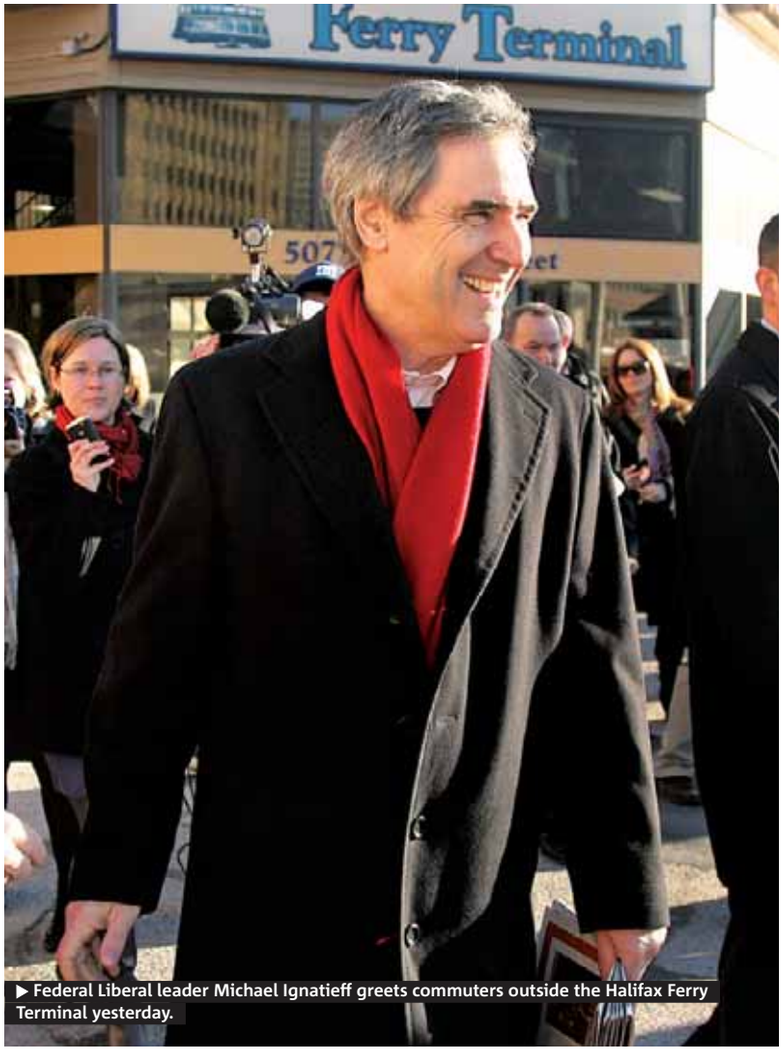
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Ignatieff warms up to hydroelectric project

RYAN TAPLIN/METRO



▶ Federal Liberal leader Michael Ignatieff greets commuters outside the Halifax Ferry Terminal yesterday.

Liberal leader much less committal on proposed convention centre in downtown Halifax



JENNIFER TAPLIN
@METRONEWS.CA

He was only lukewarm on the convention centre, but Liberal Leader Michael Ignatieff said he would support the Lower Churchill hydroelectricity project.

After greeting commuters at the Halifax Ferry Terminal yesterday morning, Ignatieff held a press conference at the Westin hotel.

When asked about the hydroelectricity project he said he thinks a loan guarantee is the way to go.

"It lowers the cost of borrowing money and it will lower the eventual rate cost for electricity in Newfoundland and Labrador and we think that's in the national interest," Ignatieff said.

The Lower Churchill project involves a subsea cable to Nova Scotia carrying hydroelectricity into the Maritimes

Last week Conservative Leader Stephen Harper said he would provide a loan guarantee of $4.2 billion for the $6.2-billion project.

"The Harper government has spent five years doing nothing on green energy ... and suddenly he becomes a big champion of green energy. Where's he been for five years?"

"We would have to be satisfied, and that would be key, that it has genuine community benefit. That's the only grounds we can participate in any such project."
MICHAEL IGNATIEFF ON PROPOSED CONVENTION CENTRE

Ignatieff was vague when asked if he would support a federal contribution to the $159-million convention centre in downtown Halifax. He said he saw the "big hole up the hill."

HRM and the province have already committed to $56 million each but the federal election delayed the decision from the feds on their contribution of $47 million from the Building Canada Fund.

"We'd have to look at it very, very carefully. This is a complex project. I've made it clear we have a platform that has pretty firm fiscal discipline," Ignatieff said.

1 news

On the web at metronews.ca



Allan Small on the market impact of long-awaited good news about U.S. jobs growth. More at metronews.ca/investing.

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HARVEST WINES and spirits

HRM's rep top of mind for new CAO

Richard Butts was deputy city manager of Toronto • More than 60 people from across the country applied for HRM's chief administrator job

RYAN TAPLIN/METRO



▶ New HRM chief administrative officer Richard Butts poses for a photo outside Halifax City Hall yesterday.



JENNIFER TAPLIN
@METRONEWS.CA

HRM's new chief administrative officer has his work cut out for him in restoring the public trust.

Richard Butts is now on his second week of the job. Acting CAO Wayne Anstey stepped down last month after council learned he gave a $400,000 forgivable grant to a concert promoter.

"I looked at it as an outside observer because that's what I was at the time. I was interested about the issue but beyond that I don't have much to say about it," Butts said.

But in an interview with Metro yesterday he talked about having to restore HRM's reputation and public trust following the scandal. He also said accountability in the public sector is a big issue everywhere and he expects public servants will face stricter scrutiny for years to come.

"We want to make certain that when council makes decisions based on our advice that they do it from a position of trust," he said.

"My background is leading big organizations through challenging and changing times."
NEW HRM CAO RICHARD BUTTS

Toronto has faced its share of scandals like these and Butts said he's learned to operate within the authorities council has delegated. In his former job as deputy city manager, he managed a $2.2-billion budget. His portfolio included solid waste management, fire services, city planning, emergency management, and waterfront development.

"It's the old rule: staff makes recommendations and council makes decisions," he said. "When those two roles get confused it usually leads to bad outcomes."

He said his first week on the job was "fantastic" and thinks Halifax is a vibrant and interesting city with a lot of opportunities.

Volunteers honoured

Volunteering comes early for some.

When Kristen Marriott was just seven, she started collecting donations at her birthday party for the SPCA — and that was just the beginning.

Since then, the 17-year-old has volunteered for various organizations like the Father For Basketball Association as an assistant coach, and a trained peer help educator for the Canadian Diabetes Association.

She also stays involved with various groups at Lockview High School.

"I like to give back to my community and I want everybody to have the same opportunities that volunteers gave me," the Grade 11 honour student said yesterday.

The hard work hasn't gone unnoticed, either.

Marriott was one of 71 people recognized at the 37th annual provincial volunteer awards yesterday at the Westin hotel.

LAURA WARREN

Never too young

- **The youngest award recipient** was 13-year-old Jake MacKinnon, who volunteers at the Trenton and Area Minor Softball program.
- **"I've been volunteering** for eight years, and I'm going to keep volunteering at my baseball field," he said.

METRO

PHOTOJOURNALISM-SPOT NEWS

Award nomination for Metro



▶ Ryan Taplin

Metro Halifax photographer Ryan Taplin has been nominated for an Atlantic Journalism Award in the photojournalism-spot news category.

It is the first nomination for Metro Halifax.

Taplin is nominated for a photo he took in June 2010. A 14-year-old boy was hit by a car and trapped underneath it until firefighters and witnesses freed him. Taplin shot investigators examining the crash from inside nearby Cousin's Restaurant.

Taplin has previously won two Atlantic Journalism awards and a News Photographers' Association of Canada award for the Daily News.

The awards will be given out during a ceremony in Halifax on May 7.

METRO

Ex-lawyer's sentencing set for June

The sentencing for a former Halifax lawyer convicted for smuggling drugs into the Central Nova Correctional Facility in Burnside will take place on June 17.

Anne Calder did not appear in Nova Scotia Supreme Court yesterday for the brief session to set a date.

Calder was convicted in early March on three trafficking charges.

METRO

Two thefts unrelated

Two unrelated robberies occurred on Saturday night, police say.

Two 18-year-old men were confronted by four people around Albro Lake Road in Dartmouth, demanding they hand over cash and cigarettes.

Police say the lone male and one of three females assaulted one victim with an object before he could fight them off.

A 28-year old man was also jumped by two men on Main Street in Fairview.

METRO

Police target aggressive drivers in road safety blitz

Some Halifax motorists have a need for speed, with police looking to put a brake on the dangerous behaviour.

Halifax RCMP says during the month of April its traffic division will focus on ways to improve road safety including speeding and aggressive driving, including stunting.

Stunting is speeding in excess of 50 km/h of the posted speed limit. It comes along with a minimum fine of $2,400, automatic licence suspension for seven days and vehicle seizure.

There is very little room for error when travelling at such high speeds, said Sgt. Werner Sawatzky.

"The smallest mistake can have deadly consequences," he said.

ANDREW CALEY

10
The number of tickets issued by Halifax RCMP over the past three months for the charge of stunting.

No appeal in MacRae case

RYAN TAPLIN/METRO



▶ Jason MacRae

Jason MacRae's life sentence with no parole eligibility for 15 years will not be appealed.

MacRae pleaded guilty and was sentenced in March for the murder of his wife, Paula Gallant, in 2005.

Crown attorneys were looking for no parole for 20 years and were considering appealing the sentence.

"We had until (Tuesday) to make up our minds about that and we've decided no we're not going to appeal," said Chris Hansen, spokeswoman for the Nova Scotia Public Prosecution Service.

"In order for the Crown to appeal any sentence we must find an error in law in the judge's decision and there was nothing there."

The cause of Gallant's death was asphyxiation by strangulation.

Gallant was strangled and shoved in the trunk of her car in 2005, the court heard.

JENNIFER TAPLIN

Victim appeals settlement

A lawyer is urging Nova Scotia's highest court to award more money to a victim of a notorious pedophile, arguing his client's life has been totally derailed by the sexual abuse he endured as a teenager.

In February 2010, a lower court ordered the province to pay a structured settlement of $375,000 to the man — known only as L.M.M. — for abuse suffered at the hands of Cesar Lalo, his former probation officer.

Lalo, who also worked as child welfare worker for the province, has either admitted to or been convicted of abusing a total of 30 boys.

L.M.M.'s lawyer, Mark Knox, told the Nova Scotia Court of Appeal yesterday his 37-year-old client is a disturbed man with a history of drug abuse who can't maintain a relationship or hold down a job, despite his intelligence and work ethic.

A lawyer for the province, Glenn Anderson, did not indicate a specific award the province believes is appropriate.

Verdict

The court reserved its decision.

Lalo was tried by a jury and convicted of two counts of sexual assault and one act of gross indecency against L.M.M., for which he received five years in prison. THE CANADIAN PRESS

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Abortion, gay marriage not on agenda: Harper

Prime minister tries to clear the air about supposed 'secret' Tory priorities ◐ Hot-button issues emerge as Conservatives aim for majority

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Two-year-old Ethan Bobak cheers for Prime Minister Stephen Harper as he answers media questions following a campaign event at Ethan's grandfather's farm in Wainfleet, Ont., yesterday.

Stephen Harper says Canadians don't have to worry about a secret agenda if they give him his first majority government.

The prime minister told supporters in the Niagara Falls region yesterday he would not try to pass laws against abortion or same-sex marriage if elected with a majority.

Harper was not asked and did not say whether he would support a private member's bill on the issues.

In answer to a question from a reporter, Harper said he would implement promises in his platform if given a majority, stressing those two issues are not a priority with the party.

He would, however, move to abolish the long-gun registry, which he said has been a long-standing position of his party.

The Conservatives have long been plagued with the spectre of a secret agenda should they have enough seats in the House of Commons to override opposition checks, an issue that has dogged their campaign in past elections.

"Abolishing the long-gun registry is a position of the Conservative party held by every single member of the caucus."
PRIME MINISTER STEPHEN HARPER

The issue is emerging again because some recent polls show the party within striking distance of forming a majority.

Harper is gearing his campaign on picking up the additional dozen or so seats he needs for a majority.

THE CANADIAN PRESS

Liberals make gains in Week 1: Poll

A new poll suggests the Liberals made modest gains on the Tories at the end of the federal election campaign's first week.

The Canadian Press Harris-Decima poll put the NDP at 17 per cent, while the Bloc Québécois stood at 10 per cent and the Greens at eight.

The results are almost identical to the federal election standings that delivered a Conservative minority government in 2008.

The phone survey of 1,000 people has a margin of error of plus or minus 3.1 percentage points, 19 times out of 20. THE CANADIAN PRESS

35

The Canadian Press Harris-Decima poll put the Conservatives at 35 per cent support, ahead of the Liberals at 28 per cent.

Grits promise paid education for veterans



"We've got the largest number of veterans returning from combat since the Korean War."
LIBERAL LEADER MICHAEL IGNATIEFF

Canadian soldiers can expect four years of government-paid education or technical training after they leave the military under a Liberal government, Liberal Leader Michael Ignatieff said yesterday.

He's billing the measure as something that could change the way soldiers are recruited in Canada.

"These are people who put their lives on the line for us and for the freedom of others," Ignatieff said, as he detailed the latest plank in his party's platform.

The program would cost about $60 million a year.

The Liberal leader said the plan is permanent, calling it "by far the most ambitious program of support for veterans in a generation or two." THE CANADIAN PRESS

PUBLIC PENSIONS

NDP pitches retirement security plan

The NDP wants to see a big expansion of Canada's public pension system.

New Democrat Leader Jack Layton says the Canada Pension Plan has been long neglected by successive Conservative and Liberal governments.

The retirement security of millions of people has eroded over the last decade and his party intends to set it right, Layton said in Toronto.

"Our focus is to build a Canada Pension Plan system that will be good for all Canadians and ensure that every senior can live in dignity and with security when they look forward to their retirement," Layton said.

He's proposing to gradually double CPP and QPP benefits in conjunction with the provinces, a measure that could require a 2.5 per cent increase in payroll deductions.
THE CANADIAN PRESS

Police look into election sign defacing

The campaign team of the federal Liberal candidate in Nepean-Carleton has asked Ottawa police to investigate after his campaign signs were vandalized.

More than 100 signs placed on public property by Ryan Keon's campaign team were tagged with crude drawings resembling crosshairs of a rifle scope and other vandalism overnight on Friday.

Keon says the signs had black spraypaint as well as graphic and explicit messages on them.
THE CANADIAN PRESS

Missing B.C. couple last seen in U.S.

RCMP officers and the family of a middle-aged Penticton, B.C., couple who vanished two weeks ago en route to a trade show in Las Vegas have so far come up empty-handed in their search efforts.

On Sunday, police released the last known photographs of Albert and Rita Chretien while their son also tried to determine his next steps in the search.

The still shots released by the RCMP show the couple paying for gas at a Shell station in Oregon state on March 19.
THE CANADIAN PRESS



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SPRING BUSINESS OUTLOOK

Canadian firms curb enthusiasm

Rising oil and food prices, along with the persistent strength of the loonie, are chipping away at plans by Canadian businesses to hire and reinvest, the Bank of Canada says.

Its spring business outlook survey shows Canadian firms remain bullish about the future, but less so than three months ago. Overall, it shows that the economic recovery is advancing, and more firms are operating near capacity.

But high prices for energy and food are having a negative effect on household spending, and the firms say they expect a more moderate pace of sales growth, investment and hiring over the next 12 months than in the previous year.

The central bank uses the findings in its deliberations over interest-rate policy, but nothing in the report suggests governor Mark Carney is primed to hike rates on April 12, the next opportunity.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 88.2 (14,218.25)	– 0.33¢ (103.36¢ US)	+ 53¢ US ($108.47 US)	$4.289 US (– 7.3¢ US)

Gold contracts $1,433 US (+ $4.10 US)

Google eyes Nortel patents, research



▶ Google Inc. has bid $900 million US for about 6,000 patents from Nortel, whose corporate headquarters is in Toronto.

◗ Deal would propel Google into telecom market ◗ Auction in June

Global tech titan Google Inc. wants to scoop up the Nortel Networks patent portfolio, and is willing to pay at least $900 million US for the package.

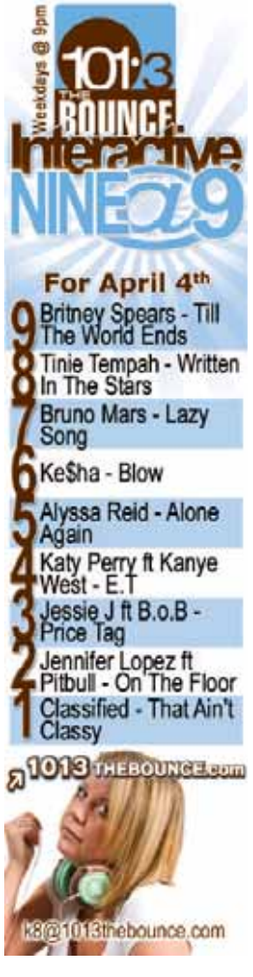
Google's stalking-horse offer, for what is practically the last major asset to be sold by the bankrupt Canadian technology giant, will be the opening bid in an auction that could push the final price higher. The deal would provide legal rights to a broad range of telecom technologies.

Kent Walker, counsel for California-based Google, says the company hopes the patents will help it and its partners to innovate.

The ultimate monetary value of the patents is difficult to judge, however, since it depends on how useful they are in making products that generate revenue. THE CANADIAN PRESS

Patents pending

- **Nortel was Canada's** largest spender on R & D, but some of its work was either a technological dead end or too advanced for the times.
- **Google seeks about 6,000** patents including 4G wireless, data networking, optical, voice, Internet, semiconductor and other portfolios.





EUGENE HOSHIKO/THE ASSOCIATED PRESS

Toyota to close U.S. plants


▶ A Toyota worker photographs vehicles damaged by the March 11 tsunami at Sendai port in northeastern Japan.

Toyota Motor Corp. will have to shut down North American factories due to a shortage of parts from Japan. However, Toyota Canada's plants in Cambridge and Woodstock, Ont., will remain open, the company said yesterday.

The U.S. shutdowns will likely take place this month, affecting about 25,000 workers. But no layoffs are expected. Just how long the closures would last was not announced.

Toyota gets about 15 per cent of its parts from Japan for cars and trucks built in North America. The company has more than a dozen North American factories.

The shortage of parts has affected other automakers as well. Last week, Ford Motor Co. and Nissan Motor Co. said several plants would be closed for part of this month, and Chrysler said it will see disruptions.

Nissan Americas is closing five North American plants for several days this month because of parts supply disruptions.

Meanwhile, Honda Motor Co. plans to restart its Sayama Plant and Suzuka Factory on April 11. When those two plants come back on line, all of Honda's auto-assembly factories will be back in operation, but they'll be running at about half the normal rate because of parts shortages. THE ASSOCIATED PRESS



TD mortgage rates to rise

TD Canada Trust is raising most of its fixed-term mortgage rates.

The bank's biggest increases will be for mortgages with terms of five to 10 years, which go up by 0.35 percentage points starting today.

The posted rate for five-year closed mortgages — one of the most popular types of home loans among Canadians — will rise to 5.69 per cent. THE CANADIAN PRESS

She says ...

JESSICA NAPIER



ENGAGING CHARACTERS

There comes a time in your mid- to late 20s when you start to realize that all of your friends are getting engaged. Suddenly, all of those long-term couples that seemed perfectly content to cohabitate are putting a ring on it and making it official.

When announcing upcoming nuptials to friends and family, the newly betrothed can expect a diverse range of reactions. Jubilant shrieks of excitement are not uncommon, as are tactless inquiries about carat size from nosy co-workers. And while there are plenty of books on wedding etiquette, not everyone understands the proper protocol when it comes to engagements. Here are just a few of the not-so-well-mannered characters you might encounter after you announce that you are tying the knot.

The pressure-cooker friend

"So, have you picked a date ... thought about the flowers ... booked a photographer?" This hyper-organized pal will whip up a spreadsheet of wedding related to-dos before you have even finished your first glass of celebratory champagne.

The desperate to be in the wedding party friend

Expect this friend to spend a lot of time reminding you just how close you are — the very ambitious campaigners might even deliver a Why I Deserve To Be Your Maid Of Honour/Best Man speech in an attempt to secure a spot up at the altar. Alternatively, some friends will disappear from your radar entirely in the hopes you don't ask them to don pink taffeta on the big day.

The disapproving friend

Inevitably, some friends will choose the moments following your engagement to let you know how they really feel. Disapproving pals will complain about losing their fun single friend, inquire whether or not you are really ready for this commitment and insinuate that maybe you could do better.

The why couldn't it have been me friend

This Debbie Downer will find any way to turn your happy news into an "it's all about me" situation. After she offers a half-hearted "congratulations" you will find yourself consoling her while she hosts her own pity party and delivers a self-absorbed monologue on her own failed romantic life.

While there are plenty of wrong ways to behave around the bride and groom-to-be there is really only one thing you need to know about post-engagement decorum: Act happy, even if you're not. If you want to be a good friend, send a card, but keep your opinions to yourself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

A jailed Cypriot murderer ordered his brother to dig up the corpse of the island's former president and hide it so he could negotiate his own release from prison, a court ruled yesterday.

The court found the jailed murderer, his brother and another man guilty of unlawfully exhuming the body of Tassos Papadopoulos.

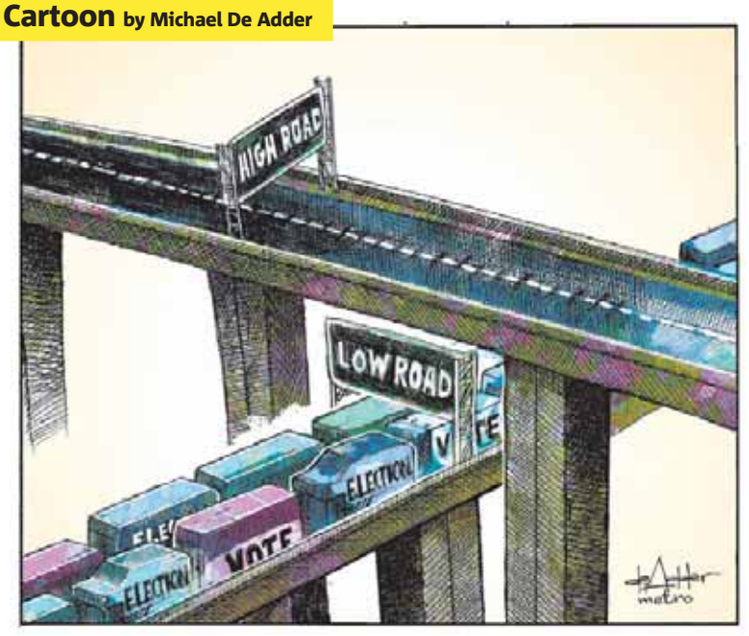
Papadopoulos's corpse was snatched from a Nicosia cemetery during an overnight storm in December 2009 and reburied three months later after police found his body and arrested the suspects.

The case shocked public opinion, and even touched off rumours of political motivation in light of ongoing talks to reunify the island that was split into a Greek Cypriot south and a breakaway Turkish Cypriot north in 1974.

Papadopoulos served as president between 2003 and 2008, and died of cancer that year at 74, months after losing a re-election bid to current President Dimitris Christofias.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

'Sacred' turtle puts up a fight in Vietnam

Veterinarians examined a rare giant turtle considered sacred by many Vietnamese at a makeshift hospital in Hanoi yesterday to check mysterious lesions afflicting one of the last four known members of its species.

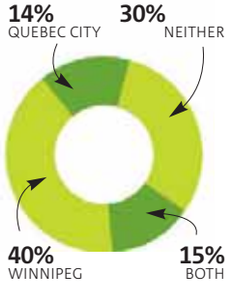
The giant soft-shell turtle, which has a shell the size of a desk and is estimated to weigh approximately 200 kilograms, was pulled from a lake in the heart of the capital Sunday.

Tests were being run to try to pinpoint what is ailing the creature, said Tim McCormack, program co-ordinator of the Asian Turtle Program. He said photos taken of it in a holding tank showed injuries on its legs and elsewhere, but it was not yet clear how serious they are.

The animal is believed to be about 80 to 100 years old, though many Vietnamese believe it is the same mythical creature said to have helped King Le Loi fend off the Chinese nearly six centuries ago. It took 50 workers two hours Sunday to net the turtle and put it in a cage. It is the first time anyone has captured the creature, which escaped through two nets during a similar rescue attempt last month. THE ASSOCIATED PRESS

Take the poll online at metronews.ca

Which city do you think will get an NHL team?



TODAY'S QUESTION: EAT ST. IS DEBUTING WEDNESDAY ON FOOD NETWORK CANADA. WHAT'S YOUR FAVOURITE STREET EAT?

Local tweets

- **@cheershalifax:** What a beautiful day in#halifax!! Did I hear it might snow again tonight? really? #comeonsummer
- **@RalFehaid:** The weather is amazing#Halifax
- **@alexticlea:** Everyone and their mothers have Honda Civics in Halifax. Mine included.
- **@JilianLucy:** Why not do my homework outside? It's super nice in Halifax!
- **@lolyle:** Beautiful day in Halifax which I am spending in a building studying for my exam tomorrow :(wahhhh
- **@onionononionon:** They're shooting movie or something behind The Paragon ... From a distance I thought it was a yard sale and got all excited.#Halifax
- **@lesliehalifax:** Just have to ask ... what is with the crazy sewer smell on Barrington today? Did something break ... again??

@downtowndawn: psst, 9 days till the Public Gardens open!

@TweebaTweetrman: REBA MCENTIRE IN HALIFAX SEPT. 26TH. HOLY FREAKIN' CRAP!!! I NEED TICKETS!!!!!

metro
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2 scene

HANDOUT



▶ The Kennedys mini-series debuts Sunday on History Television.

Stepping into the shoes of an American legend

Canadian actor John White plays the young John F. Kennedy in The Kennedys mini-series

IAN JOHNSTON
SCENE@METRONEWS.CA

For Mississauga, Ont., native John White, shooting The Kennedys was as much a homecoming as a learning experience.

"I moved back with the parents during filming," says the Los Angeles-based actor who plays the young John "Jack" Kennedy in the miniseries, which was shot in and around Toronto last year. "On days off, I hung around set and watched Greg Kinnear (who plays the older JFK) and others. Which is somewhat unusual. Usually on a film it's all about showing up, doing your job, and getting the hell out of the way. But the director (Jon Cassar) encouraged it."

The four-part, eight hour The Kennedys follows the famous family's tragedy-strewn personal lives from the 1930s through John F. Kennedy's shortened presidency.

Besides Kinnear, the behind-the-scenes drama stars Barry Pepper (as Bobby), Katie Holmes (Jackie) and Tom Wilkinson as family patriarch Joe Kennedy Sr..

It was Joe Sr. who first envisioned a presidency for his son; though not the son you'd expect.

"Joe favoured older son Joe Jr.," says White. "But after he was killed in the war, Jack sort of became the favourite son by default. And so he had to take the reigns."

White — who is probably best known as Erik Stiffler from the American Pie movie series — says the Kennedys' familiar Boston-Harvard accent could get a little tricky at times. White says he honed it by watching old presidential speeches.

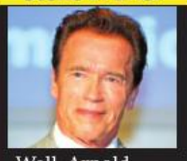
"You'd go a little too far with it sometimes," he said "But we had a great dialect coach. He'd help tweak the accent and tell you when it just wasn't good."

Though the Kennedy story is well-chronicled, White says there are a few things about John F. Kennedy that might shock people.

"I was surprised by how many health problems he had. But he dealt with it with a real wicked sense of humour. I read some of his personal letters, which are real funny. Can't repeat them here though."

Part one of The Kennedys, featuring John White, airs Sunday on History Television.

Scene in brief



Well, Arnold Schwarzenegger IS back.

The one-time muscleman who morphed into Hollywood icon and then California governor returns to his on-screen core - sort of - with a cheekily titled animated TV show, The Governator.

In an interview, the 63-year-old said he wants to surprise fans who expected him to go back to the big screen, shifting to the virtual world with a superhero who gets things done without the constraints of laws or an often-intractable political system.

THE ASSOCIATED PRESS



Fans carry Taylor Swift to ACM entertainer of the year, Miranda Lambert wins 4 awards

GETTY IMAGES



▶ Actors Bret Harrison, left, and Christian Slater speak onstage during the Breaking In panel at the FOX Broadcasting Company portion of the 2011 Winter TCA press tour.

Slater breaks into TV comedy

Christian Slater returns to television with Breaking In, a comedy about a company that tests security systems by trying to outsmart them — with varying degrees of success. Metro caught up with Slater and co-star Brett Harrison at WonderCon.

Your show has an episode that takes place at Comic-Con, right?

HARRISON: Yeah! The Comic-Con episode, we're hired to hand-deliver Goonies 2: the Legend of Sloth to the right people so a select group of nerdlings get to see this movie. And they don't want to have another Wolverine happening.

SLATER: So basically, the studio has got a special contest where a hundred lucky people get to come see this screening. Then what happens is the rest of the fans that don't get to go to this special screening are in an uproar, basically. We have the one copy of the movie and all of these people are coming out of the woodwork doing everything they can and all of these crazy kinds of disguises at Comic-Con.

Have either of you had much Comic-Con or WonderCon experience before?

HARRISON: I haven't been to WonderCon before this, but I've been to Comic-Con once, and it was great. It's like a circus, man. It's a lot of fun.

SLATER: Me? No. This is a good way to start, though, right? I likey. This is good.

Cowboys, aliens and Barbie, oh my

At WonderCon, the sci-fi convention, talent from summer's biggest blockbusters reveal their tricks



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

GETTY IMAGES



▶ Two fans got in the spirit — and some elaborate costumes — at WonderCon in San Francisco on the weekend.

San Francisco was overrun with superheroes this weekend, as movie stars, filmmakers and thousands of fans — many in elaborate homemade costumes — hit town for WonderCon.

Celebrating its 25th year, the convention is making a name for itself as a less-crazed alternative to July's San Diego Comic-Con, with a lower number of attendees and a more laid-back atmosphere. And with it's early April date, the smaller convention offers a much better opportunity for Hollywood studios to promote their summer fare — though three big comic book movies coming out in the next few months, Captain America, Thor and X-Men: First Class, were notably absent.

Gossip Girl star Blake Lively, who hit the convention to promote Green Lantern, in which she stars opposite Ryan Reynolds, was a bit preoccupied with a new career milestone: "Did you guys see the Barbie?" she asked, pointing to a doll version of her Green Lantern character. "It's so crazy. I feel like I need to go home and buy a Barbie's magical dream house and play with myself — that doesn't sound right."

For Jon Favreau, the smaller event made him a little nostalgic. It reminded him of his first Comic-Con: "It was close to 10 years ago, if not 10," he says. Favreau was in San Francisco to debut footage of his next film, Cowboys and Aliens, starring Harrison Ford and Daniel Craig, out this summer. The enthusiastic crowd responded excitedly to Favreau's presentation, which included a brief glimpse of the film's alien invaders.

Of course, even if the crowd is predisposed to like his work, that doesn't mean that as a filmmaker Favreau doesn't still feel intense pressure coming to WonderCon. "I've bombed here before," he said referring to a time when he showed only the poster for Iron Man. "That's when I realized you have to understand your audience," Favreau says. "It's different from the mainstream. They want to hear insight."

Another director riding high during the convention was Tarsem Singh, who unveiled footage from November's Immortals, starring Henry Cavill — recently cast as the next Superman — as a mortal fighting on behalf of Greek gods. But the witty Singh stole the show, donning a homemade "I've been media trained" T-shirt. "The studio's whole thing was, 'We wish you had picked better-known names,'" Singh remembers from when he cast Cavill in his film. "When (Superman) happened, they were like, 'Oh! You picked the right piggy.'"



DVD Releases this week — Buy it | Rent it | Borrow it | Yawn | Don't bother

TRON's tech magic wows again

TRON: Legacy
Genre: Scifi
Director: Joseph Kosinski
Stars: Jeff Bridges, Bruce Boxleitner

As dumb as the tech-heavy script was, and as primitive as the graphics were (today they look like an animated black light painting), the original was undeniably savvy about the future.

The long-tinkered sequel TRON: Legacy is similarly on the threshold of a new world. Appealing both to nostalgists and futurists, it modestly expands the original story and reunites two key cast members (Jeff Bridges and Bruce Boxleitner) while anticipating a near future of film where the aging of actors no longer matters.

In this latter regard, Bridges plays Flynn both old and young: as a God-like ancient, ruler of TRON's Grid game world; and as Clu, Flynn's viral and villainous digital alter-ego, the beneficiary of an electronic Fountain of Youth. Clu, a major reboot from the TRON original, is made from Photoshopping the recreated face of a 30-something Bridges onto the body of a younger actor.


▶ Jeff Bridges reboots his role as Flynn, both old and young, in Tron: Legacy

The effect is simultaneously creepy and awe-inspiring and the same can be said of the look of the picture. Add in Avatar-level 3-D and a soundtrack by French techno-ravers Daft Punk, and you have an experience that could blow the minds (and ears) of aging fanboys and nouveau hipsters alike.

Sadly, there is the story to contend with, and it's another reason why TRON: Legacy is almost there, but not quite there. The committee-written script is framed as a ho-hum rescue mission, in which Flynn's 27-year-old son Sam (Garrett Hedlund) zaps himself to the Grid, discovering a world of constant gamer warfare he's obliged to join.

Extras include deleted scenes, an audio commentary and numerous making-of featurettes.

PETER HOWELL

Little Fockers
Genre: Comedy
Director: David Bowers
Stars: Robert De Niro, Ben Stiller, Teri Polo

Erection jokes with Robert De Niro? Yes, it has come to this: 10 years after Meet the Parents implausibly took a stale sitcom premise about awful in-laws to major box-office coin, the once-great actor is reduced to shilling for the cheapest of laughs.

Little Fockers is the third and demonstrably worst in the series, and De Niro's strained antics are major reason for this. There is being a good sport and there is career suicide, and De Niro is skating perilously close to the edge.

The title refers not only to the inevitable offspring of Ben Stiller's in-law fearing Greg Focker and wife Pam (Teri Polo), but also to a vulgar surname pun that never was funny.

There are far too many extras, especially on the Blu-ray. They include a gag reel, deleted scenes and various featurettes.

PETER HOWELL







Silver fox learned to love surfing on set

Poor Dennis Quaid: the Hollywood old-timer had to film his latest movie on the beach But it was worth it for the true tale Soul Surfer

NED EHRBAR
SCENE@METRONEWS.CA

There are worse jobs to have than learning how to surf in Hawaii for a role in a movie, and Dennis Quaid isn't complaining.

In Soul Surfer, Quaid plays the father of Bethany Hamilton, a teenager who lost an arm in a shark attack but went on to become a professional surfer.

Quaid sat down with Metro to talk surfing, working in Hawaii and having the person your playing standing just off-screen.

Had you heard of Bethany's story before getting the script?

I saw Bethany on the Today show on her book tour about two Christmases ago. There was something about her that just struck me, how inspirational and special she was, at the same time being so normal. I just welled up hearing her story. Then they called me five days later and my agent said, "Do you know who Bethany Hamilton is? They want you to play her dad." So that was a pretty easy yes.

What was your reaction to her story?

It was inspiring, is really what it was. And Bethany just took this horrific shark attack that happened to her and just made it a bump in the road of her life.

Had you done much surfing before the movie?

None at all. And it's really hard to learn. I had really great teachers and the benefit of time. Once you actually catch a wave and ride it, it's such a great feeling. I gave up golf for surfing for a while, which is a big thing for me. It was like two months that I had for training, all in Hawaii, where the water's warm. Now I surf back here and I have a wetsuit that has a heating coil in it. Those winter months ... the water's, like, 87 degrees out there and 50-something degrees here. Big diff.

How much time did you spend with the Hamiltons?

They were on the set every day. The boys, Tim and Noah, were actually working on the crew, and Bethany was doing surfing in the film. Tom and I would play golf and surf. It was great for me, especially with Tom. I've played a lot of real people before, but it's nice to have somebody there. It makes my job easier, actually.

GETTY IMAGES



▶ Dennis Quaid plays the father of legendary pro surfer Bethany Hamilton in Soul Surfer, which opens Friday.



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Sheen: Disaster Recovery Tour

Torontonians try to unload tickets Boos in Detroit, but ovations in Chicago On-stage interview format goes over better with fans

ALL PHOTOS GETTY IMAGES FILES


Charlie Sheen

After a disastrous first night in Detroit for his Violent Torpedo of Truth Tour, Charlie Sheen says he stayed up until 4:30 a.m. reworking the show for its second night in Chicago, where he was greeted with a standing ovation instead of boos, according to E! Online. "Got to go with what got you to the dance and give the people what they want," Sheen says.

"On the bus someone said, 'You know, we could just keep driving to LA.' I said, 'F--- that. That's what losers do. I won.'"

Scrapping the video segments and opening acts from the first night, the Chicago show reportedly consisted of Sheen sitting in a chair, smoking and being interviewed by the tour's co-producer.

In Toronto, Canadians hoping to make a profit off Sheen's upcoming tour dates have, thus far, not been winning.

The volatile star will perform in Toronto on April 14 and 15 and in Vancouver on May 2.

But Craigslist and Stubhub are already crowded with vendors looking to sell tickets at cost or below, and many of the hopeful sellers are reporting tepid interest — at best.

"It's been a pretty tough go," said 27-year-old Richmond Hill, Ont., resident Jordan Resnick, who has two pairs he's trying to move at face value on Craigslist.

"(I've received) pretty much no messages. I'm hoping to get rid of them at cost so I don't have a loss, but there might be a loss there even."

Sheen's second show in Chicago seemed to go more smoothly (with a grateful crowd lauding Sheen with a standing ovation). He changed up the format for his 20-city road show after bombing in Detroit, using a master of ceremonies who asked the former Two and a Half Men star questions during Sunday night's performance.

The changes seem to have helped. Audience members said the second performance on Sheen's tour wasn't stellar, but it at least had some amusing moments.

METRO/CANADIAN PRESS




Kiera Knightley

Kiera has new rocker boyfriend

Keira Knightley has apparently moved on after her split from boyfriend Rupert Friend earlier this year, as the actress has reportedly been dating Klaxons keyboardist and singer James Righton, according to the Daily Mirror.

"She's extremely happy right now and really enjoying spending time with James. He's a real rocker and a lovely guy with it and she likes that whole scene — lately she's become far more rock and roll," a source says, being quick to add that the pair are keeping things pretty quiet at the moment.

"Keira's really smitten with James but wants to just quietly get on with it and see what happens. She certainly won't be stepping out on a red carpet with James in the near future. It's really early days."

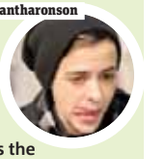
METRO

Celebrity tweets


@MissKellyO

"although i am on the most beautiful island i have ever been on and i am having the time of my life i really really miss my dogs!"

@samantharonson



"The age your child is when I meet him/her is the age that child will remain to me. So don't be mad when i bring a rattle to HS graduation."

@LouisVanAmstel



"You'd think grocery on sunday night would be quiet n fast!? Forget it, its so busy. Why sunday? Go home..I hate lines....lol"

@SteveMartinToGo



"Ageism? You tell me. Apparently, I was NOT cast as Will Smith's son in an upcoming film because I was too old."

Hurley files for divorce

Elizabeth Hurley is ending her marriage and has filed divorce papers in London, according to Us Weekly. Hurley and Arun Nayar split last year after four years together. Hurley, who's been filming scenes for the Wonder Woman TV series, has reportedly been getting serious with Australian cricket star Shane Warne. METRO

Kwantem deals with true blood

True Blood star Ryan Kwantem rushed to the aid of a bloodied man in Hollywood over the weekend, according to Us Weekly. "There was a bloody guy lying in the middle of the street," says a source, adding Kwantem "jumped out of his car and raced over." Kwantem helped move the man to the sidewalk and stayed until paramedics arrived. METRO

More pain, more gain

Building muscle is the quickest way to a healthy body, says star of Thintervention Jackie Warner gives you tips to get that buff body

CELIA MILNE
LIFE@METRONEWS.CA

Bursts of exercise are best for burning belly blubber.

If you want to fast-track towards a buff body, you're better off doing shorter, higher-intensity exercises than slow, steady-state exercise, according to many studies.

"It's not how long it's how hard," says Jackie Warner, a personal trainer in Hollywood and star of Bravo's new show Thintervention. "Even if you wanted to do 15 minutes a day, do that to muscle failure."

Warner's prescription for a bikini body: Work out five days a week. Here's a taste of what she suggests: Walk fast (up a hill, preferably) for two minutes, then run fast for two minutes and then walk slowly for a minute. Repeat this five-minute cycle three more times to equal 20 total minutes. Then, lift some weights that use two or three muscle groups. Do six exercise sets with very little rest in between.

"You will definitely get results with this intense style of training," Warner told Metro.

More and more evidence shows this is true. Scientists in Australia recently published results of a review of worldwide studies on high-intensity intermittent exercise (HIIE). HIIE was found to increase fitness, lower insulin resistance, build muscle and burn belly fat more effectively than low-intensity steady-state exercise.

"High-intensity bursts of exercise put stress on your heart to increase oxygenation to the muscle," says Warner. "Building muscle is the quickest way to a healthy body. It is the only thing that speeds up metabolism so a person can burn calories while resting."

ISTOCK PHOTO



▶ Flat abs are easier than you think.

HANDOUT



▶ Jackie Warner, star of the new Bravo show Thintervention, gives Metro her tips on how to get that summer physique.

3 life

Alzheimer's



Two international research groups have identified a total of five new genes related to late-onset Alzheimer's disease and opened up new areas of research into what causes the progressive brain-destroying condition.

THE ASSOCIATED PRESS

Blood donors excluded if they spent six months in Saudi Arabia from 1980-96



The softer side of martial arts

T'ai Chi Chih is the non-violent cousin to the martial art of Tai Chi Practitioner Kim Grant tells us how it can be done by anyone who seeks longevity, serenity and balance

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METRO WORLD NEWS IN LONDON

GETTY IMAGES



▶ The moves restore balance and combat depression.

The first thing Kim Grant wishes to establish is that T'ai chi Chih is not a martial art, but instead a practice developed as a more accessible and calmer side kick to T'ai Chi, whose 108 moves are difficult for many to remember.

"In a nut shell, the difference between the two is like looking at T'ai Chi as war and T'ai Chi Chih as peace, where one is very a combat sport the other is softness at its core."

In essence, T'ai Chi Chih stands for knowledge of the supreme ultimate.

The aim is for you to be able to activate, circulate and balance the "chi" also known as your vital force, intrinsic energy and intuition.

Grant explains how most people suffer from a chi that is out of balance and not circulating efficiently around the body.

The very simple sets of 19 moves, and the way they are carried out — whereby the body weight is slowly shifted in controlled direction — help drive the circulation of the chi around the entire body.

Most moves are done nine times on the left side of the followed by the right to get the correct balance and the act of repetition solidifies them in your body.

"The 19 moves are performed one after the other for 40 minutes, with a resting pose in between each one in order for all the energy to come back together as when we move, the energy separates," explains Grant. "A simple but deceptively powerful set of moves."

Grant says that the great thing about T'ai Chi Chih is that you don't have to understand it mentally to get it.

"Put away all your thoughts about that it's supposed to be and just let your moves be all about flow, grace and slowness. The mix of mediation and movement that focuses on balance and the circulation of energy brings spiritual, physical and psychological benefits."

Dr. Helen Lavretsky, professor of psychiatry at U.C.L.A found that adding weekly T'ai Chi classes to the standard treatment of depression improved mood, anxiety, resilience, physical functioning, but also cognitive performance and inflammation of joints.

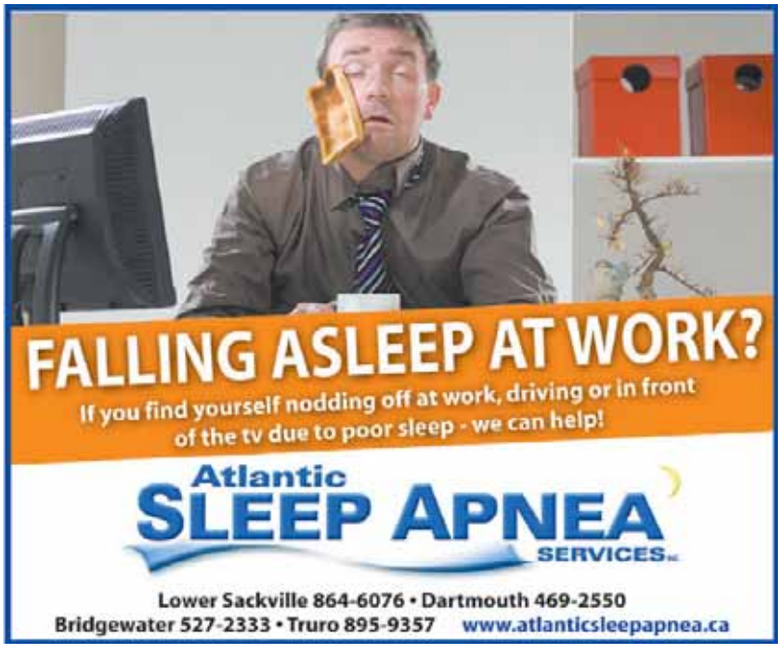
"All of these areas are very important in daily functioning of older adults with depression who may not respond well to the antidepressant drugs alone."

Some moves

1. **General Forward-Backward Foot Positions:** The back heel lifts off the ground as the weight shifts forward, and then the front toe rises as the weight shifts to the back leg. These foot positions apply only to the front-to-back movements.

2. **Rocking Motion:** As the arms elevate, we rise up on the balls of the feet. As the arms descend, we come down flat on the feet then lift the toes. We usually do this nine, 18 or 36 times — any multiple of nine.

3. **Around the Platter (left side):** As we lift the arms, we rock back on the right heel and raise the left toes. As we begin to circle with the hands, we move the weight forward and gradually shift the weight to the front foot. As we do this very important weight shift entirely to the left foot, the right heel gradually rises and the back leg straightens.





New café bring a touch of the exotic to Halifax

With more attention to bold and fresh flavours, Jerusalem Café will win

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

VALERIE MANSOUR



▶ Chicken Maluba ($12.49) from Jerusalem Café

Jerusalem Café brings an exotic touch to the north end with its beautiful décor. The front room has lots of natural light while the second room is red with cushioned stools. The owners of this new café are equally impressive — friendly, delightful people working hard to please customers.

My friend and I share the eggplant dip, Babaghanouj ($5.25). It's among the best I've eaten with lots of garlic and lemon and well adorned with parsley. We're given a generous amount of accompanying pita bread.

But our fatayer — spinach and meat turnovers ($2.50 each) — are flat with not enough spinach or meat.

Chicken Maluba, ($12.49) features perfectly roasted chicken with slices of potato on a bed of rice topped with roasted peanuts and accompanied by a side salad. The flavour is mild, but nice.

With more attention to the bold and fresh flavours of Mediterranean cooking, Jerusalem Café will be a winner.

Jerusalem Café
6015 Lady Hammond Rd.
474-1222
Social Lunch: Yes
Client negotiations: Yes
Price range: $$
Rating: 3 out of 5

Prosciutto Apricot Blue Cheese Panino

Preparation:

1. To assemble the sandwich, spread 15 ml (1 tbsp) of the apricot preserves on both slices of bread.
2. Sprinkle one slice with the blue cheese, then top with prosciutto. Sprinkle with black pepper and top with the other slice of bread, preserves to the inside. Brush each side with olive oil.
3. Using a panini press or a skillet, cook the sandwich 3 to 4 minutes or until the cheese is melted and the bread is golden brown. If using a skillet, flip the sandwich after 2 minutes.

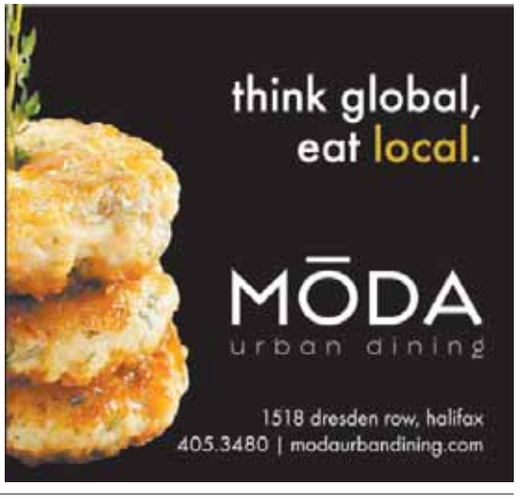
THE ASSOCIATED PRESS

Ingredients:

- 2 thick slices sourdough bread
- 30 ml (2 tbsp) apricot preserves
- 30 ml (2 tbsp) blue cheese
- 2 slices prosciutto
- Black pepper, to taste
- 15 ml (1 tbsp) olive oil



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Don't forget your folks

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Helping or supporting an elderly parent is an increasing fact of life, and can be a financial burden. Here are three tax saving tips from H & R Block to help. First off, you need to make sure your parents' taxes are filed even if nothing is payable. This is particularly important if the parent or parents are receiving the Guaranteed Income Supplement (GIS). Like other government programs it depends on an up-to-date tax return.

ISTOCK



▶ Taking care of parents and their taxes can yield savings for you.

Caregiver credit

If you are providing support you may be able to claim this amount. Your parent or parents must be 65 or over, have an income of $18,645 or less and be living with you. You can also claim parents under the age of 65 if they are dependent on you because of an infirmity or disability.

Unfortunately, no matter how much support you provide, they have to be living with you in order to claim the caregiver credit.

There is a federal amount of $4,223 for each dependent which will cut your taxes by $635. There are also provincial caregiver amounts that will add to your savings.

Disability Tax Credit

I have written about this in the past, encouraging adult children to apply for the DTC if a parent qualifies for it. Many don't realize that if the parent's income is low, the DTC can be transferred.

However, in order to do this you need to establish that your parent depends on you for some or all of the basic necessities of life. This can be a huge benefit to the struggling sandwich generation.

Nursing home expenses

If you pay for your parents' nursing home fees, you may be able to claim them as a medical expense. But you will have to make a choice between these expenses and the disability tax credit, because you can't have both.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



LOVE AND LOONIES

Hooking up with someone permanently means working through financial logistics. Before joining households, talk about whether to merge finances. Should you join accounts? Generally, if couples act as a team, either strategy will work.

The benefits of combining accounts, loans and assets are: fewer accounts to monitor, easy sharing, transparency (helps with budgeting, taxes and communication), and reduced banking fees. But, often when couples pool money, it creates the perception they're flush with cash, which triggers overspending. Couples can also disagree on spending habits which can translate into nasty money fights. Plus, if the relationship ends, one partner could take off with the financial resources (this would be settled later on in court).

Who's going to pay the bills? Legally, the person whose name is on a bill is responsible for paying it. List the bills in the name of the person who will ensure they get paid in full and on time.

A SUCCESSFUL PICK UP

Names:
Tracy, 34, and Alan, 32
Hometown:
Vancouver
Together since:
2009

One extremely-tired Sunday, I (Alan) happened to be at Denny's (where I only go maybe once every three years) with a good friend of mine, Leah.

We were slightly hungover and were cracking jokes left and right, having a great time and laughing loudly. Over Leah's shoulder, I thought I noticed a pretty girl making eyes at me. I didn't have my contacts in so I asked Leah to see if she really was all that. We tried to time it so as to not get caught but, of course, we failed.

The instant Leah turned around, the girl looked up and locked eyes with her — busted! After a lengthy discussion, Leah and I agreed on my plan of attack. I went up to the girl's table and was about to open my mouth when six people walked in front of me. I stood there waiting, trying not to look like a weirdo, then dropped my business card in front of her and said, "Call me."

Leah and I had a laugh about my pick up attempt in the parking lot, but to my surprise, I got a text shortly thereafter with the mystery girl's name, Tracy.

We've been together for over a year now, and children and marriage are on the horizon.

It was fate!

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SUBMITTED



▶ Tracy & Alan met at Denny's.

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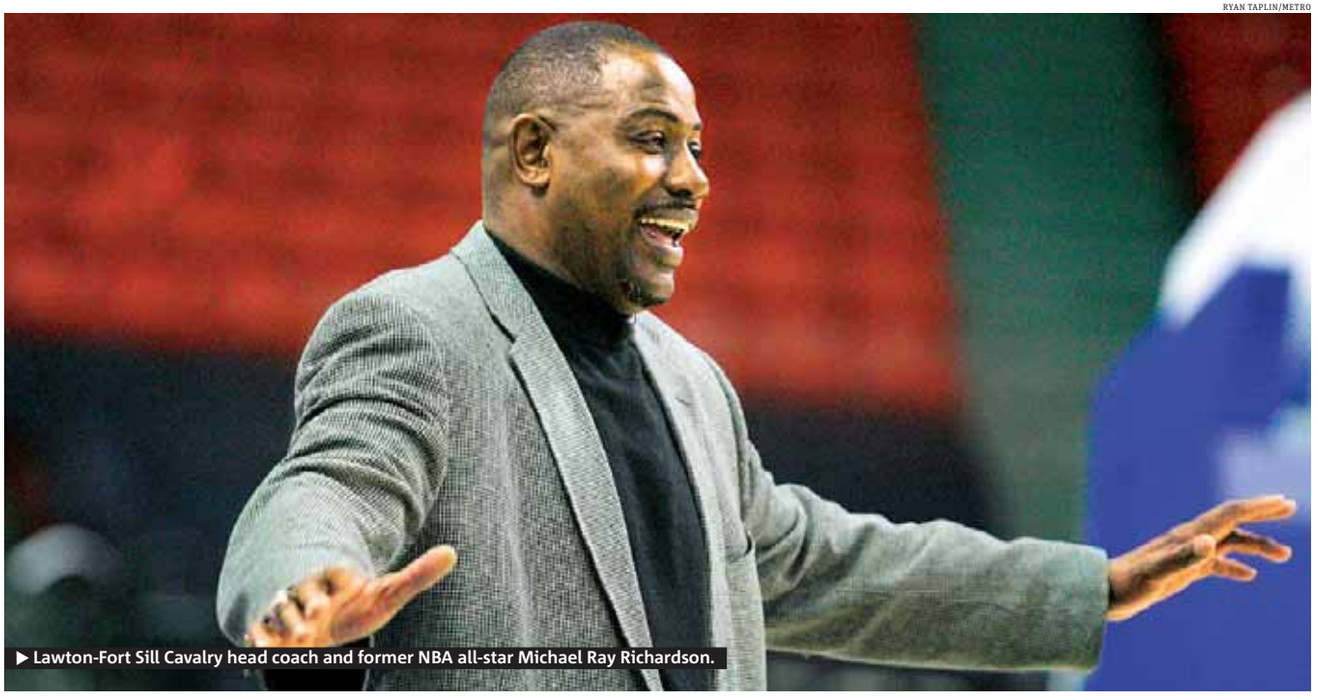
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Mark L. Ryer, Tax & Estate Lawyer, ***BOYNECLARKE LLP***

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RYAN TAPLIN/METRO



▶ Lawton-Fort Sill Cavalry head coach and former NBA all-star Michael Ray Richardson.

Cavalry coach's message: 'It's over'

Rainmen facing confident Lawton-Fort Sill team tomorrow at 9:05 p.m. in Oklahoma



MATTHEW WUEST
@METRONEWS.CA

Michael Ray Richardson was brimming with confidence Saturday at the Metro Centre.

Moments after his Lawton-Fort Sill Cavalry edged the Halifax Rainmen 93-92 in overtime in Game 1 of the Premier Basketball League semifinals, the head coach walked out of the locker room and delivered a bold prediction for the remainder of the best-of-three series.

"It's over," said the former NBA all-star. "There's no way they're going to beat us at home, twice. That ain't gonna happen."

Although Richardson's team barely eked out the win on Saturday, the statistics show why he's so confident. It's a tall task for any team to win in Oklahoma considering no one has done it since 2008. The Cavalry have won 33 straight games at Great Plains Coliseum.

"That's our home," Richardson said. "And we take care of it."

Richardson called the series opener a "hard-fought game" and credited Halifax for playing "great."

But in the same breath, he noted his team's abysmal 15-of-49 shooting in the first half, something he doesn't anticipate happening again.

"We've never shot that bad all year and it was all good shots," Richardson said. "We hadn't played in a whole week and I think it threw us off."

The Cavalry are gunning for their fourth straight minor professional championship and have had a similar core of players from the start.

"Look," Richardson said. "We are a championship team, and we know what it takes to win."

4 sports

More sports



Former Dartmouth Subways standout Michael Kirkpatrick, a North Sydney native, is one of the top scorers after the first round of QMJHL playoffs. The 19-year-old has two goals and six assists in four games, fourth on the Saint John Sea Dogs and 10th in the league.



NCAA. National champions



▶ Charles Okwandu of the Connecticut Huskies goes to the basket against the Butler Bulldogs yesterday.

CHRIS STEPPIG-POOL/GETTY IMAGES

Huskies emerge as top dogs after low-scoring final

Kemba Walker scored 16 points and Connecticut beat Butler 53-41 last night to give Jim Calhoun his third national championship, something only four other coaches have done.

The Huskies did it with defence holding the Bulldogs to a Final Four record-low 18.8 shooting percentage (12 for 64). Connecticut capped one of college basketball's best post-season runs, winning six games in the NCAA tournament after winning five games in as many days to win the Big East title.

THE ASSOCIATED PRESS

Alfie's year over

Senators captain won't be back in lineup for rest of season, but doesn't plan to retire

Ottawa Senators captain Daniel Alfredsson won't be returning to the ice this season but the 38-year-old still feels he has more hockey left in him next year.

Tonight's game against the Philadelphia Flyers at Scotiabank Place will be the 26th straight contest Alfredsson will have missed because of a back injury.

He tried returning to practice two weeks ago but hasn't done so since. Alfredsson confirmed yesterday he'll sit out the Senators' remaining three games.

"The progress has been going pretty good, but skating has been the one (thing) that has troubled me the most," he said. "I felt OK on the ice, but not good enough to justify playing in a game."

Alfredsson endured the worst of his 15 NHL seasons after finishing with just 14 goals, 31 points and a plus/minus rating of -19 in 54 games.

Alfredsson, whose last game was a loss to the Vancouver Canucks on Feb. 7, has thus far avoided surgery and said he prefers not to go down that road.

The injury has limited his leg strength and he has trouble putting any power into his stride.

He'll be 39 in December and questions have been raised about how effective he'll be with another year under his belt. But Alfredsson aims to report to training camp fresh and ready to help the Senators move on from missing the playoffs for the second time in three years.

"Obviously, (the injury) has been dragging on for a while and it has been limiting to a lot of exercising and so forth, but I expect to be back next year," he said. "It feels a lot better than it did a month ago and we're going to continue this (rehab) and in another month, hope I'll feel good enough where I can start with a heavier off-season program.

"There's no need for him to come back and risk further injury."
JASON SPEZZA

"It's not something anybody wants to go through, but it's been a frustrating year for a lot of reasons."

THE CANADIAN PRESS

Rodman headed to Hall of Fame

Dennis Rodman, Chris Mullin and a trio of coaching legends are part of the Naismith Memorial Basketball Hall of Fame's Class of 2011.

Coaches Tex Winter, innovator of the "Triangle" offence, Stanford's Tara VanDerveer and Philadelphia University's Herb Magee are part of the class announced yesterday in Houston.

THE ASSOCIATED PRESS

JONATHAN DANIEL/ALLSPORT



▶ Dennis Rodman

NFL will target HGH: Goodell

Commissioner Roger Goodell says the NFL will insist that its next labour deal with players includes testing for human growth hormone.

After appearing yesterday at a high school to speak about the dangers of steroid use, Goodell said the NFL needs to do more to keep banned substances out of the sport.

THE ASSOCIATED PRESS

Rangers stage rally for vital victory

5	3
RANGERS	BRUINS

Brandon Dubinsky and Michael Sauer scored 51 seconds apart late in the third period, and the New York Rangers turned a likely crippling defeat into their most stirring victory of the season by rallying to beat the defensive-minded Boston Bruins 5-3 last night.

The Rangers, who trailed 3-0 in the second period, seemed beaten by the Northeast Division champion Bruins when the game suddenly turned without warning. Dubinsky scored the tying goal with 3:48 remaining and Sauer followed at 17:03 with the winning tally that shook Madison Square Garden.

Derek Stepan sealed it with an empty-net goal with 52.2 seconds left. Vinny Prospal had two goals in the second period to start the Rangers' rally that might have saved their season.

New York won for the second straight day, beginning a season-ending, three-game homestand with a flurry. The Rangers jumped over idle Buffalo into a sixth-place tie with Montreal in the tight Eastern Conference playoff race. New York leads Buffalo by one point and ninth-place Carolina by four. Montreal, Buffalo and Carolina all have three games remaining to New York's two.

With the win, the Rangers ensured they cannot be caught by 10th-place Toronto.

THE ASSOCIATED PRESS

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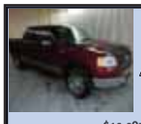
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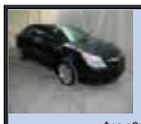
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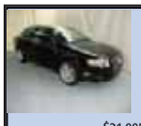
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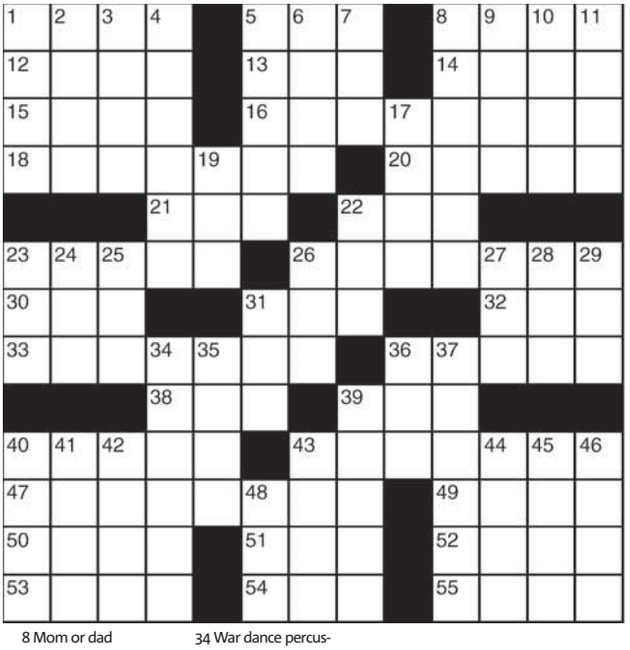
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Crossword



Across

1 Imp
5 Awful
8 Decline, with "on"
12 Old Italian money
13 Id counterpart
14 Sheltered
15 Addict
16 Limit
18 Alter the presentation
20 Tract of wasteland
21 Donkey
22 Card player's call
23 Reek
26 Turn over a new leaf
30 Charged bit
31 See 54-Across
32 Pair
33 Fix the locks?
36 Rash
38 U.K. reference bk.
39 Namely (Abbr.)
40 Plant swelling
43 Put back the way it was
47 Check
49 Always
50 Choral voice
51 Wildebeest
52 Supermarket stack
53 Thailand, once
54 With 31-Across, supplement
55 Coin aperture

Down

1 Astigmatism problem
2 React to yeast
3 War god
4 Plaid fabric
5 Ice mounds
6 Pulitzer winner James
7 Two, in Tijuana
8 Mom or dad
9 Others (Lat.)
10 Denomination
11 Brother of Cain and Abel
17 Anything but that
19 Request
22 Obtain
23 Round Table address
24 Pirouette pivot
25 The chosen
26 Regret
27 Billboards
28 Trench
29 "— Story 3"
31 Antiquated
34 War dance percussion
35 2001, e.g.
36 Owned by that guy
37 Montezuma's people
39 Where the action is
40 Historic periods
41 Sandwich shop
42 "Cómo — usted?"
43 Skaters' 39-Down
44 Elliptical
45 Nevada city
46 Formerly, formerly
48 Candle count

▶ Yesterday's answer

A	N	T	I		M	I	D		A	R	A	B
C	O	R	N		A	K	A		D	E	C	O
E	P	I	C		D	E	M	I	J	O	H	N
D	E	M	A	N	D		P	O	U	R	E	D
			S	E	E	M		U	R	I		
D	E	M	E	A	N	O	R		E	E	L	S
O	V	A		T	E	N	O	R		N	E	E
H	A	R	P		D	E	M	E	N	T	I	A
		K	I	D		Y	A	L	E			
I	N	S	T	E	P		N	Y	M	P	H	S
D	E	M	O	C	R	A	T		C	O	O	P
L	E	A	N		O	B	I		O	L	L	A
E	R	N	S		F	C	C		N	O	D	S

Sudoku

3					9	8	5	
	8			7		1	4	
1			8					7
				4			6	1
		8				9		
9	6			3				
8					6			2
	9	3		2			1	
	2	5	7					9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	1	5	8	3	4	6	9
6	5	9	7	2	4	3	1	8
8	4	3	9	6	1	2	5	7
5	2	4	3	1	9	7	8	6
9	8	6	2	4	7	1	3	5
3	1	7	8	5	6	9	2	4
4	9	8	1	3	5	6	7	2
7	3	2	6	9	8	5	4	1
1	6	5	4	7	2	8	9	3

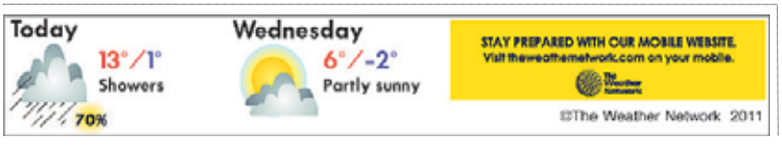
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Eric I can not believe that we meet 3 years ago and that we are going be married in 5 months. I love you so much and can not wait to spend the rest of my life with you. We built our relationship so strong no one can tear it down. I love you monkey your always and forever **MARTINA**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Some things happen without any apparent rhyme or reason and you need to accept that.
♉ Taurus April 21-May 21 You have serious responsibilities to take care of and there can be no more excuses.
♊ Gemini May 22-June 21 You will be inspired to reach out to other people.
♋ Cancer June 22-July 22 Someone in a position of authority will smile on you today.
♌ Leo July 23-Aug.23 You can still turn a lost cause into a triumph.
♍ Virgo Aug. 24- Sept. 22 This should be a lucky day for you but to what extent depends on your willingness to make sacrifices for the wider good
♎ Libra Sept. 23-Oct. 23 The more challenging a situation is the more it can help you grow.
♏ Scorpio Oct. 24-Nov. 22 Don't waste your precious time arguing with people who to your way of thinking are foolish in the extreme.
♐ Sagittarius Nov. 23-Dec. 21 Choose your goals carefully today. Make them special.
♑ Capricorn Dec. 22-Jan. 20 Steer clear of other people's fights and feuds.
♒ Aquarius Jan. 21-Feb. 18 Someone you have to deal with today will be all over the place, both mentally and emotionally.
♓ Pisces Feb. 19-March 20 . Reach out to the world over the next 24 hours. Remind people you're still alive and kicking. **SALLY BROMPTON**

Caption contest





WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$1019 Add taxes & other fees: $273

MEXICO | Puerto Vallarta via Toronto
Crown Paradise Club Puerto Vallarta ★★★★
Standard rm. • Apr. 16
$1349 Add taxes & other fees: $177



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MASSACHUSETTS | Boston
Boston Peabody Springhill Suites By Marriott ★★★
Double or twin guest rm. • June 1 - 30
$549 Add taxes & other fees: $120

NEVADA | Las Vegas via Toronto
Imperial Palace Hotel & Casino ★★★
Deluxe rm. • May 29
$609 Add taxes & other fees: $137

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, $26 USD each; Cuba, $14 CUC each. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Apr. 5, 2011, apply to www bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated. Rates: Holiday International Kissorel in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. For fare information available from a travel agent. Flights operated by Air Canada or Air Canada Jazz, for applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. *Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ Departures & returns Mon. - Thur. Valid on Air & Cruise bookings for any 2011 European sailing in an oceanview stateroom or above Celebrity Cruises Inc. ships' registry: Malta and Ecuador. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up to date information.

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CITY: 8.1L/100KM (35 MPG)

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HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

TOP SAFETY PICK 2011^ INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Soul 4u shown

2011 KIA SOUL

OWN IT FROM **$100**˅ AT **1.49%** LOAN APR

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HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

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